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17. The method of claim 16, wherein the adhesion promoter is applied as a no-rinse coating or a conversion coating.
18. The method of claim 16 or claim 17, wherein the aluminium  
5 workpiece is aluminium sheet.
19. The method of claim 18, wherein the precleaned surface of the sheet is continuously anodised to form an anodic oxide film on the surface.
- 10 20. The method of any one of claims 15 to 19, wherein the adhesion promoter is one containing one or more of Cr, Mn, Mo, Si, Ti, Zr and F values.
- 15 21. The method of claim 20, wherein a paint layer or adhesive is applied over the adhesion promoter coating.